



Erie County Stay Fit Dining Program

Frozen Meals Menu – March 2022



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. A roll, milk and dessert are included with each meal. ***Please remember that a contribution of \$3.00 per meal (\$9.00 per 3-pack, \$15.00 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***



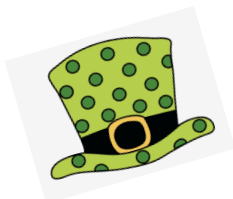
Meals for Week of February 28th

Cheese Tortellini with Chicken and Roasted Red Pepper Sauce, Carrots, Broccoli
Beef Stew, Biscuit, Brussel Sprouts
Veal Patty with Gravy, Sweet Potatoes, Creamy Cabbage with Dill
Breaded Chicken Breast with Gravy, Mashed Squash, Green Bean Casserole
Stuffed Pepper with Meat Sauce, Garlic Mashed Potatoes, Italian Vegetables



Meals for Week of March 7th

Polynesian Chicken, California Blend Vegetables, Rice
Sloppy Joe, Seasoned Roasted Red Potatoes, Sliced Carrots
Chicken Breast with Gravy, Mushroom Farro Risotto, Broccoli
Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Peas
Beer Battered Fish, German Potato Salad, Mixed Vegetables





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Meals for Week of March 14th

Pasta and Meatballs with Tomato Sauce, Seasoned Spinach

Chicken & Sausage Paella, Fiesta Corn, Broccoli



Cheese Omelet with Cheese Sauce, Diced Potatoes, Harvard Beets

Beef Stew, Mashed Potatoes, Biscuit

Macaroni & Cheese, Zucchini with Tomatoes, Green Beans

Meals for Week of March 21st



Turkey a-la king, Mashed Potatoes, Carrots

Chicken Breast with Herb Cream Sauce, Scalloped Potatoes, Peas

Beef Bourguignon, Brown rice, Broccoli



Breaded Chicken Breast with Tomato sauce, Wax Beans, Seasoned Spinach

Beer Batter Fish, Au Gratin Potatoes, Brussel Sprouts

Meals for Week of March 28th



Italian Sausage with Peppers, Onion & Tomato Sauce, Roasted Potatoes, Mix Vegetables

Chili Con Carne, Corn, Rice



Breaded Chicken Breast with Lemon Herb Sauce, Sweet Potatoes, Peas

Corned Beef, Savory cabbage, Steamed Potatoes, Carrots

Veggie Lasagna with Cream Sauce, Italian Green Beans, Cauliflower

(Menus are subject to change)

